

## **CHIPS AND CRACKERS**

### **ELENA'S FLAX CRACKERS**

4 Cups flax – ground  $\frac{1}{2}$   
1 Cup chia seeds  
3 Cups sesame seeds – ground  $\frac{1}{2}$   
2 Cups hemp seeds  
1 TB. Onion powder  
1 TB. Garlic powder  
8 Cups of your favorite sauce without oil – I have used  
“cheese sauce”, “dried-tomato with nuts dressing that I  
would use for salad.

Make a raw curry sauce. Or just use plain water. If you use water, then add more seasonings like; 2 TB. Himalayan salt, 2 Tb. Onion powder, fresh garlic, fresh onion, fresh jalapeno.

Spread on teflex sheets as thin as you can, about  $\frac{1}{4}$ ". Cut into squares. Place in food dryer and dry till crispy, about 16-20 hrs. at 125 degrees.

### **SWEET CRACKERS**

4 C. walnuts – soaked 12 hrs.  
4 C. sunflower seeds/pumpkin seeds – soaked 12 hrs.  
4 C. dates – soaked 2 hrs.  
4 C. raisins – soaked 2 hrs.  
6-8 large apples – grated  
1  $\frac{1}{2}$  Tbs. salt  
2 Tbs. vanilla  
3  $\frac{1}{2}$  C. sesame seeds – grounded and put in last  
2  $\frac{1}{2}$  C. flaxseed – grounded and put in last

Food processor on walnuts, sunflower seeds mix, dates and raisins. Place in large bowl and add grated apples and rest of ingredients. Spread on teflex sheets in dryer about  $\frac{1}{4}$  inch thick or so. Score into squares. Dry for 8-10 hrs. and

then flip over and peel off sheets. Continue to dry till crispy. Break off and place in bags and freeze.

### **HOT CRACKERS**

4 C. walnuts – soaked 12 hrs.  
4 C. sunflower seeds – soaked 12 hours  
3 bunches cilantro – chopped large  
5 red bells – chopped large  
2 large onions – cut up large  
6 chilies (Serrano/jalapeno) OR 1 Habanera  
2 ½ Tbs. salt  
3 ½ C. sesame seeds – grounded and put in last  
2 ½ C. flaxseed – grounded and put in last

Food processor on walnuts and sunflower seeds, and all the veggies. Place in large bowl and add rest of ingredients. Spread on flex sheets in dryer about ¼ inch thick or so. Score into squares. Dry for 8-10 hrs and then flip over and peel off sheets. Continue to dry till crispy. Takes about 16 hours. Break off and place in bags and freeze.

### **KALE CHIPS**

6 Bunches kale --Washed and drained. Tear into bite size pieces without the stems.  
Place in large bowl. Make your sauce:

1 C. sesame seeds, or: tahini, nuts, sunflower seeds  
½ C. olive oil  
½ C. honey  
¼ C. lemon juice  
1 ½ C. water  
1 TB. Himalayan salt  
1 heaping TB. Onion granules  
1 TB. Pizza seasoning or Italian  
6-8 garlic cloves  
handful of dried tomatoes would make it nice  
1-2 hot peppers would make it spicy

Blend till smooth. Pour about 2 cups of mix and massage into kale until kale becomes wilted. Spread on teflex sheet. Dry at 135 till overnight maybe even longer till crispy. Put into air-tight container.